

Vermont Mental Health Performance Indicator Project
Agency of Human Services, Department of Health, Division of Mental Health
Weeks Building, 103 South Main Street, Waterbury, VT 05671-1601

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project
Advisory Group and Interested Parties

FROM: John Pandiani
Monica Boyd

DATE: December 3, 2004

RE: Type of Service: FY2004

The amount and type of "services provided and received" are among the core performance indicators that were recommended by the Vermont's Mental Health Performance Indicator Project Multi-Stakeholder Advisory Group in June 2000 for publication on at least an annual basis (www.ddmhs.state.vt.us/docs/pips/pipPerfIndRecs.pdf). Since 1985, the annual DMH Statistical Reports have provided a detailed profile of services provided/received through the DMH community-based provider system and the Vermont State Hospital. The FY2004 edition of this report is currently being distributed to interested stakeholders and is available on-line at (www.ddmhs.state.vt.us/docs/res-eval/annual-stats.html). This week's PIP provides an overview of the amount of service in six major outpatient service categories that were provided by DMH community-based programs during FY2004. These categories include individual/family/group therapy, medication/medical monitoring, assessment, service planning and coordination, community supports, and employment services. This overview is provided for Children's Services Programs, Adult Mental Health Outpatient Programs, Community Rehabilitation and Treatment Programs, and Substance Abuse Programs. These findings are based on analysis of Monthly Service Report data provided to DMH by designated community service providers.

As you will see, there were substantial differences among programs in their pattern of service delivery. Individual/family/group therapy was the primary modality in both Substance Abuse (67%) and Adult Outpatient (55%) programs. Community support was the primary modality in Children's Mental Health (61%) and Community Rehabilitation (61%) programs. A significant amount of medication/medical monitoring was reported by Adult Outpatient (11%) and Community Rehabilitation (7%) programs. A significant amount of treatment planning services was reported by Children's Services (27%), Community Rehabilitation (15%), and Substance Abuse Programs (10%). Clinical assessment was reported most often by Adult Mental Health (8%) and substance abuse programs (9%), and employment services were reported almost exclusively by CRT programs (8%).

We look forward to your comments regarding these patterns of variation in services provided/received and your suggestions for further analysis of these data. As always you can reach us by e-mail at pip@vdh.state.vt.us or by phone at 802-241-2638.

Six Major Outpatient Service Categories

Individual, Family and Group Therapy

Individual Therapy is a method of treatment that uses the interaction between a therapist and the individual to facilitate emotional or psychological change, to alleviate distress, and change substance use. Family Therapy is a method of treatment that uses the interaction between a therapist, the individual, and family members to facilitate emotional or psychological change and to alleviate distress. Group Therapy is a method of treatment that uses the interaction between a therapist, the individual, and peers to facilitate emotional or psychological change and to alleviate distress.

Medication and Medical Support and Consultation Services

Medication and Medical Support and Consultation Services include evaluating the need for, prescribing and monitoring medication, and providing medical observation, support and consultation for an individual's health care.

Clinical Assessment

Clinical Assessment refers to psychiatric, psychological, psychosocial, substance abuse, and/or developmental assessment sessions and the preparation of individualized plans, including the administration and interpretation of psychometric tests and the preparation of reports.

Service Planning and Coordination

Service Planning and Coordination assists individuals and their families in planning, developing, choosing, gaining access to, coordinating and monitoring the provision of needed services and supports for a specific individual.

Community Supports

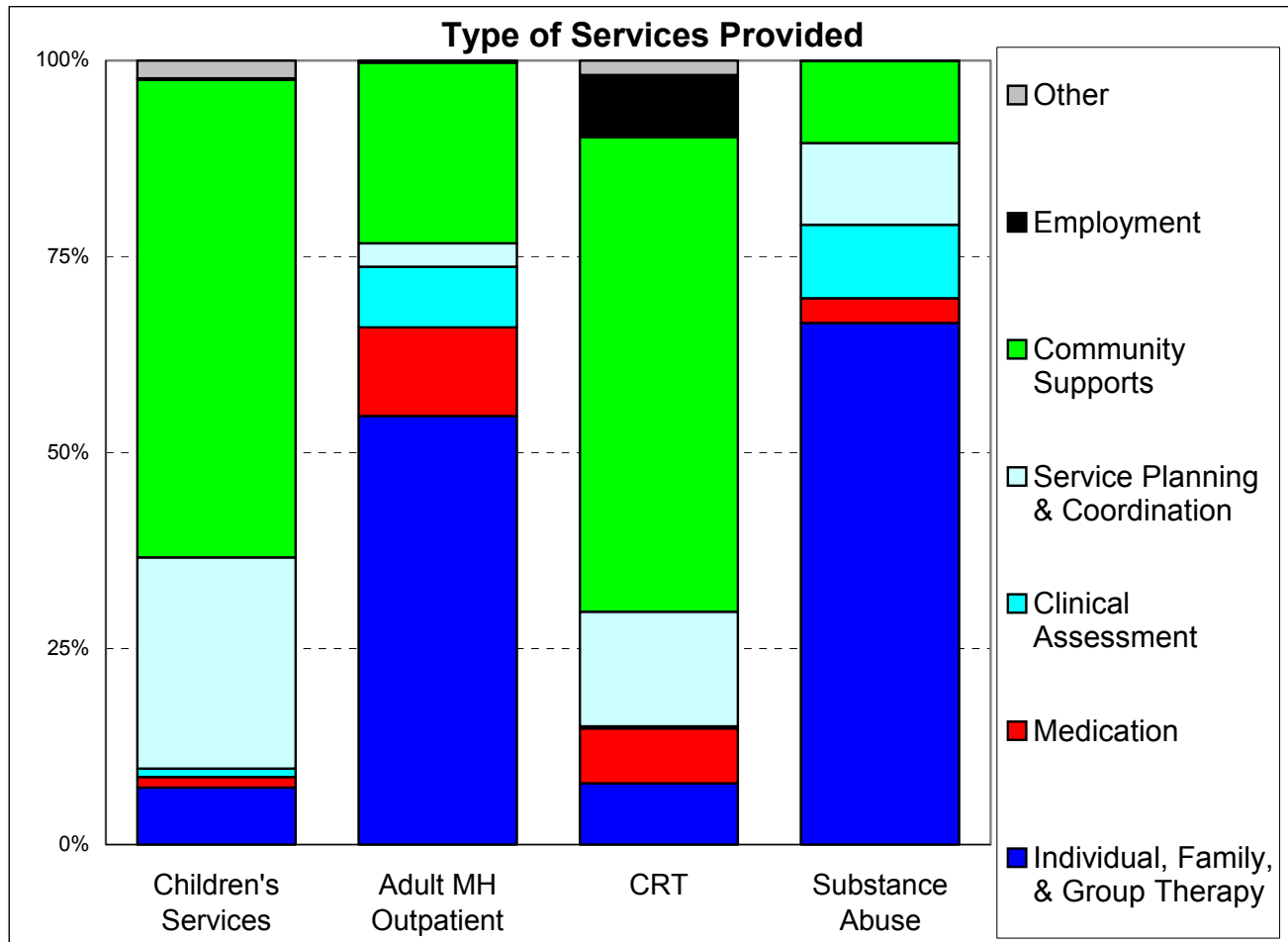
Community Supports include individualized, goal-oriented supports, which assist individuals (and families) to develop the skills and social supports necessary to promote positive growth. These supports may include assistance in daily living, supportive counseling, support to participate in community activities, collateral contacts, and building and sustaining healthy personal, family and community relationships. All of these activities may also be provided in a group setting.

Employment Services

Employment Services assist transition age youth and adults in establishing and achieving career and work goals. These services include employment assessment, employer and job development, and ongoing support

A more detailed description of these services is available on-line at <http://www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf>

Type of Services Provided
By Program of Service
FY 2004



| Type of Service | Program of Service | | | |
|-------------------------------------|---------------------|---------------------|--|-----------------|
| | Children's Services | Adult MH Outpatient | Community Rehabilitation and Treatment | Substance Abuse |
| Individual, Family, & Group Therapy | 7% | 55% | 8% | 67% |
| Medication | 1% | 11% | 7% | 3% |
| Clinical Assessment | 1% | 8% | 0% | 9% |
| Service Planning & Coordination | 27% | 3% | 15% | 10% |
| Community Supports | 61% | 23% | 61% | 11% |
| Employment | 0% | 0% | 8% | 0% |
| Other | 2% | 0% | 2% | 0% |
| Total Number of Outpatient Services | 541,117 | 68,871 | 389,886 | 47,613 |

Analysis includes outpatient services provided to individuals served by mental health and substance abuse programs. "Other" includes emergency/crisis services. For detailed explanation on these types of service, see the notes in the annual statistical report (www.ddmhs.state.vt.us/docs/dept/annual-stats/2004statWebnotes.pdf)